

Thank you for joining us at Mar | Muntanya where we invite you to a dining experience with inspiration drawn from the coastal and mountainous regions of Catalonia and the Basque Country of Northern Spain. Our local Salt Lake traditions of preservation and homesteading along the Great Salt Lake Valley and Rocky Mountains parallel the shepherding communities from this region. Mar | Muntanya's menu utilizes the local bounty provided by farmers, growers and artisans, paired with regional dishes, cultural inspirations and ingredients sourced directly from Spain.

The Basque Country & Catalonia each have their own style, culture and language. Tapas style dining focuses on small plates with the intention of sharing, we recommend diners choose two to three dishes to begin and allow our exceptional team to guide you through your meal. Bon profit!

Parties of six or more will have a 20% service charge added to the check

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Tostas

Biscuit + Gravy | 9

Buttermilk Biscuit, Bilbao Chorizo Country Gravy

Jamon Scone | 12

Fry Bread, Honey Butter, Jamon Serrano

Nova Lox Scone | 14

Rosemary Cream Cheese, Smoked Salmon, Crispy Capers

Tomato Toast | 6 V | VE

Smoked Tomato Conserva, Confit Garlic Puree

1 Year Aged Manchego | 5

Acorn Fed Iberico Jamon | 13

Sous-vide Egg | 4

Grilled Cheese Bocadillo | 13

Shepherd's Bread, Chabrin, Jamon Serrano, Quince Jam, Savora Mustard

Savory

Papas Bravas | 8 V | VE

Fingerling potato, Garlic Aioli, Salsa Brava

Shrimp n Grits al Ajillo | 15

Paella Broth Grits, Garlic Wine Butter, Manchego

Egg Basquaise | 11 V

Red Vegetable Stew, Baked Egg, Manchego, Grilled Sourdough

Short Rib Hash | 18

Papas, Manchego, Spinach, Piquillo Peppers, Sous-Vide Egg

Country Fried Elk | 18

Elk Strip Loin, Bilbao Chorizo Country Gravy

Crispy Brussels Sprouts | 9

Pomegranate Honey, Iberico Bacon, Crushed Hazelnuts

Oysters M|M | 17

Beef Tartare, Spruce Mignonette, Our Coctel Sauce

Sweet

Quince Waffle | 13 V

Pearl Sugar Waffle, Crushed Hazelnuts, Granny Smith Apples, Maple Syrup

Churro French Toast | 13 V

Crunchy Brioche, Cinnamon Sugar, Maple Syrup

Cherry Almond Parfait | 9 V

Greek Yogurt, Local Honey, Cherry Conserva, Almond Brown Butter Granola

Short Stack | 13 V

Juniper Pancakes, Custard Cream, Lemon Curd, Mantecado Cookie Crumble, Maple Syrup

V: Vegetarian

VE: Vegan

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions